

CARING-LEE

An all-inclusive resource guide to caregiving in Lee County.

***some programs are operating on limited schedules due to the global pandemic. Please call the appropriate entity for updated times. For more information and resources regarding COVID-19 please go to nc.gov/COVID19**



**A Publication By
LCG Enrichment Center
N.C. Certified Senior Center of Excellence
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Last Update: 8/15/20

AM I A CAREGIVER?

Do you help a friend or family member with any of these tasks?

- Assistance with personal care needs (dressing, bathing, bathroom, etc.)
- Managing finances
- Providing emotional support/companionship
- Household chores
- Transportation for shopping, errands, medical appointments
- Relaying information to other family or friends
- Providing supervision for safety and/or management of challenging behaviors

You are a CAREGIVER and we can help!

Caregiver Support Groups: A group for caregivers of those with cognitive impairments meet the 1st and 3rd Thursday of the month at 1pm.

Caregiver Consultations: Meet one on one with our Caregiver Specialist and find out what resources are available to help with your caregiving situation.

Dementia & Caregiver Symposium: An annual symposium with guest speakers, vendors, demonstrations, lunch, etc. Designed to inform and educate caregivers.

Caregiver Time Out: A weekly program designed to give the caregiver a break. Every Tuesday from 1pm-3pm.

Powerful Tools For Caregivers & Other Seminars: The Enrichment Center offers a variety of classes and seminars designed to help overcome the challenges of caregiving. Guest speakers, celebrations and programming throughout the year provide a vast array of information and resources for caregivers.

Please use this resource guide to help navigate your caregiving journey.

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LCG Enrichment Center/Lee County Senior Services

“To fashion an achievable vision of successful aging in Lee County.”

North Carolina Certified Senior Center of Excellence Serving Boomers, Seniors, Caregivers, Veterans and Volunteers

www.leecountync.gov/Departments/SeniorServices

Hours: Monday – Thursday 8:00AM–8:00PM & Friday 8:00AM–5:00PM

SERVICES: Living Wills, Nutritionally Balanced Meals, Indigent Programs, Home Delivered Meals, Group Activities & Clubs, Exercise Classes, On-Site Gym, Respite Referral, Transportation, Senior Games, Volunteer Opportunities, Community Outreach, Walking Trail, Special Guest Speakers & Classes, Workshops, Seminars, Resources, Medical Information Assistance, Information and Assistance, Educational Courses, Evidence Based Programs, Technology Assistance, Aging Provider Network, Monthly Newsletter, Veteran Services, Special Trips, Drama Productions, Dinners, Insurance Counseling, Support Groups, Dances, Card Parties, Games, Drop In Activities, Tax Assistance, Public Access PC & Internet, Resources for Caregivers, Etc.

Information and Referral: LCG Enrichment Center’s knowledgeable staff will assist you in finding the answer to any question related to aging services. Social workers, fitness specialist, notary and activity director are available to assist you.

Options Counseling: A decision-support process that includes listening, talking, supporting, connecting and follow-up with clientele to aid in life choices.

Community Information Services: Trained volunteers and staff provide assistance with tax preparation, deciphering Medicare and insurance statements. Advance directives or living wills are available and can be notarized at the center. An appointment is recommended.

Nutrition Services: Diners’ Club - congregate meal served at the Enrichment Center. Monday thru Friday. Social programs, exercises, educational programs, and health screenings are included. Home Delivered Meals – meals delivered by volunteers to homebound, eligible Lee County Residents. Must meet criteria and live outside the city limits. Meals on Wheels serves eligible residents inside city limits.

Social and Educational Programs: Activities, groups, speakers, trips, seminars, etc.

Medication/Fuel Assistance: Persons 60 or older may be eligible for this program based on individual need.

Transportation Services: Services offered by the County of Lee Transportation System (COLTS) based on consumer contributions for transport to and from the Enrichment Center’s meal-site and non-Medicaid medical transport; other fee based transportation available.

SHIIP: The Seniors’ Health Insurance Information Program (SHIIP) answers questions and can counsel older adults about Medicare, Medicare Supplement, Medicare Part D and other health insurance.

Exercise Classes: Water Aerobics, Fun & Fit, Low Impact Aerobics, Stretch & Tone, Tai Chi, Yoga & an on-site gym. Please call (919) 776-0501 for more information. Senior Games of Lee County/Silver Arts: Olympic-style athletic events as well as artistic events.

LCG Enrichment Center Caregiver Support Program

“Sometimes the person caring for others needs someone to care for them.”

Holly Hight, Senior Center Caregiver Specialist
(919) 776-0501, ext. 2230 / hhight@leecountync.gov

What We Do

The Caregiver Support Program provides information, resources and referral services to caregivers in Lee County. We assess needs and help you to find the solutions available in your community. We offer counseling and educational services such as trainings, guest speakers, seminars, and support groups. We provide limited respite care, allowing caregiver's time to meet other responsibilities. We provide a sense of community and relief with the added bonus of stress-relieving activities. Monthly caregiver activities can be found in the quarterly Caregiver newsletter Loving-Lee, the monthly newsletter The Center Post and/or website.

- Caregiver Time Out.
- Weekly email & quarterly newsletter.
- Monthly support groups.
- Seminars and classes led by care professionals, designed for caregivers.
- Caregiver Board (located in hallway) & Caregiver Connection Corner (located in lobby).
- Powerful Tools for Caregivers 6 Week Class held twice a year.
- Limited number of respite hours available per family.
- Fun activities such as movies, ice cream socials, dinners, theatre & more!
- Caregiver resource library open to all (books, guides, brochures, tips, DVD's & music).

Caregiver Time Out

The Caregiver Time-Out program provides temporary relief for family caregivers that can enable them to meet personal needs and supporting their efforts to provide the majority of care for their family member in the home. CTO is offered Tuesdays from 1:00 p.m. – 3:00 p.m.

What Services Are Provided?

- Memory Stimulation
- Interaction and Socialization
- Physical Activity/Exercise/Arts and Crafts
- Safe and Pleasant Environment
- Nutritious Snacks
- Supports Personal Independence
- Meeting New Friends & Caring Staff

Who Is Eligible For Caregiver Time Out?

Lee County residents that are 60 or over that are unable to stay alone for an extended period of time, due to a mental or physical limitation. The individual needs to have the ability to use restroom facilities independently and ability to feed themselves. Eligibility also includes being capable of ambulating or transporting self without assistance. Enrollment is based on a case-by-case assessment by the respite staff.

Enrichment Center Support Groups

Alzheimer's / Dementia Caregiver

1st & 3rd Thursday of the month at 1:00 p.m.

This special group offers support, advice & understanding to caregivers, family & friends of Dementia patients. Familiarize yourself with this overwhelming disease, find community resources & discover a new family of friends to share the journey.

Amputee Support Group (5 Toe Club)

1st Monday of every month at 10:00 a.m.

This group celebrates the uniqueness of individuals who have lost part of their personage. Guest speakers, resources and connecting with others are the highlights of this group.

Caring Connections

1st Monday of every month at 10:00 a.m.

A cancer support group that provides time for patient & family members to discuss feelings & concerns.

Diabetes

1st Wednesday of every month at 10:00 a.m.

Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

Grandparents Raising Grandchildren

4th Thursday of every month at 10:30 a.m.

A group that offers support, resources, networking & understanding for grandparents raising grands.

Grief

2nd & 4th Thursday of every month at 1:00 p.m.

Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Living with Vision Loss

2nd Tuesday of every month at 1:00 p.m.

This group was created for people with vision impairments (including Macular Degeneration & Glaucoma) and their loved ones to discuss ways to cope with low vision.

Parkinson's Disease

3rd Wednesday of every month at 10:30 a.m.

Support, problem solving & education for persons with Parkinson's disease & caregivers.

Sanford/Lee County Stroke

2nd Thursday of every month at 1:00 p.m.

Provides educational materials, speakers & support for those who have had a stroke & caregivers.

Sanford MS Self-Help

2nd Monday of every month at 6:30 p.m.

Self-help group for people living with multiple sclerosis & their families in the Sanford area.

Lee County Department of Social Services

Clients served: Children, youth, disabled, veterans & adults provided they meet eligibility requirements.

Assistance includes but not limited to:

Medical Assistance (Medicaid): This program helps families or individuals that are (aged/disabled) with medical bills (doctor fees, prescriptions drugs, hospital charges, nursing home care, etc.). All of them have income limits and some coverage programs have resource limits. If eligible, Medicaid can also cover unpaid medical bills for the three months prior to your month of application.

Food and Nutrition Services: Supplements low income families/individuals to buy adequate food for proper diets. Households must pass an income and resource test. Eligible household receive an EBT card (electronic debit card) that they use to purchase food.

Crisis Intervention Program: This program is for low-income households in a heating or cooling-related life-threatening emergency. This program has limited funding and normally runs during the fall and winter unless there is a presidential declaration due to heat related deaths during the summer.

Low-Income Energy Assistance Program: This program provides a once a year assistance payment to low-income households to help with the cost of heating.

State-County Special Assistance for Adults: A cash supplement to help low-income individuals residing in adult care homes such as (rest homes) pay for their care. Adult Care Homes are unlike nursing homes in that home staff do not provide medical care. Designated staff may administer medications and provide personal care services such as assistance with bathing, eating and dressing.

Energy Neighbor Energy and CEMC Project Share: This program is for households in a heating or cooling related emergency when service is provided by Energy Neighbor and Central Electric.

Jim Garner Fuel Fund for the Elderly: Program runs strictly on contributions from the community. These funds are used to provide heating or cooling for the elderly that are living on fixed incomes. The program is expanded when contributions allow, assisting this same elderly group with prescriptions.

Adult Services Include: In-Home Aide Services, Home Management Services, long-term care, Adult Day Care, Nursing and Adult Care, Home placement, respite services, and adult protective services. Also Adult Care Home case management for those individuals in area facilities requiring enhanced care and supervising/monitoring adult care homes/family care home under licensure rules and regulations of the Division of Facility Services, and provide guardianship services for individuals found incompetent and there is no family or individual capable, suitable, or willing to serve.

Community Alternative Program (CAP): A Medicaid waiver program, which provides an alternative to nursing home placement for those eligible persons.

A-Z Care In Lee

Advance Directives

Central Carolina Hospital: (919) 774-2100

Lee County Senior Services: (919) 776-0501

NC Cooperative Extension Service: (919) 775-5624

Adult Day Programs

Some older or disabled adults need assistance with daily activities and care, but do not need full-time placement in a rest home or nursing home. Adult day services give people a place to go for care and supervision, activities, and social contact with others. These programs are especially helpful for working caregivers or when family need time off from the responsibilities of caregiving.

Bayberry Retirement Inn: (919) 774-7170

Christian Healthcare Adult Day Care, Inc.: (919) 775-5610

Piedmont Health SeniorCare: (919) 545-7346

All Inclusive Care

The Programs of All-Inclusive Care for the Elderly (PACE) provides comprehensive medical and social services to certain frail, community-dwelling elderly individuals, most of whom are dually eligible for Medicare and Medicaid benefits.

Piedmont Health SeniorCare: (919) 545-7346

Assistive Technology/Medical Equipment

An assistive technology device is defined as, "any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of those with disabilities."

Assistive Technology Exchange Post: (919) 859-8360

Lee County Senior Services: (limited) (919) 776-0501 ext. 2201

Liberty Medical Specialties: (919) 775-1881

Quality Home Healthcare: (919) 775-2001

Counseling Services

Adult & Teen Challenge Center (for men): 1-844-888-8085

Adult & Teen Challenge Center (for women): 336-656-1066

Daymark Recovery Services: (919) 774-6521

DBR Lighthouse Recovery Ministries: (919) 478-6237

Sandhills Center: 1-800-256-2452

Therapeutic Alternatives- Mobile Crisis Service: 1-877-626-1772

The Salvation Army: (919) 718-1717

Elder Law

Bob Mason: (336) 610-6000

Chris Wilms with Hopley, Wilms & Hanna: (919) 244-2019

Lauren Maxie with NC Planning: <https://ncplanning.com/>

Rupe Gill with Walker Lambe: <https://www.walkerlambe.com/about-us/attorneys/rupe-gill/>

Food & Clothing Assistance

Breadbasket (Hot Meal): (919) 774-3118

Bread Of Life: (919) 777-7233

Christian United Outreach Center (CUOC): (919) 774-8485

The Salvation Army: (919) 718-1717

Health Care Providers

Carolina Dialysis of Sanford: (910) 718-0680

Carolina Doctors Med Care: (919) 774-3680

Central Carolina Hospital – Duke LifePoint: (919) 774-2100

FastMed Urgent Care: (919) 776-6767

FirstHealth Convenient Care: (919) 897-2250

FirstHealth Convenient Care Sanford/Lee: (919) 897-2260

Helping Hands Clinic (provides medical, diagnostic, and pharmaceutical care at no charge to the patients): (919) 776-4359

Pine Ridge Urgent Care: (919) 775-3020

Rapid Care Urgent Care: (919) 718-0414

Home Health, Hospice and Palliative Care

Hospice services are covered by Medicare and most private insurance and may be available even to people without insurance who are unable to pay for services. The Medicare hospice benefit can cover medical care, equipment and supplies, some in-home aide services, patient/family support, and more. Hospice care involves a team of professionals, including doctors, nurses, home aides, social workers, counselors and volunteers who work with the patient and family to ease the process of dying. Hospice care can be provided either in home, a specialized hospice facility, long-term care facilities or hospitals.

Amedisys Home Health & Hospice: (919) 773-4985

Comfort Keepers: (910) 246-8000

Community Home Care & Hospice: (919) 718-5417

First Choice Home Care: (919) 775-3306

First Health Hospice and Palliative: (866) 861-7485

Griswold Home Care: (910) 420-5989

Liberty Home Care & Hospice: (919) 774-9522

Parkview In-Home Aid: (919) 775-1475

Total Life Care, Inc.: (919) 776-0352

Home Improvement and Repair Assistance Service Providers

Home repair services other assistance programs for those who qualify.

Community Development Block Grant /Urgent Repair Program: (919) 718-4657 ext. 5391

Johnson-Lee-Harnett Community Action: (919) 776-0746

Lee County Senior Services: (919) 776-0501 ext. 2201

North Carolina Baptist Aging Ministry: 1(877)506-2226

United States Department of Agriculture: (919) 775-3407

Information & Resource Referral

Information and referral services that connect individuals and caregivers to community resources.

Lee County Resource Guide: <https://leecountync.gov/ec>

Moore County Caregiver Resource Guide:

<https://www.moorecountync.gov/images/departments/aging/Resource%20Guide.pdf>

NC211: www.nc211.org; Dial 211

NCCARE36: www.nccare360.org

Lee County Department of Social Services

See page 7 for more detailed information on programs.

530 Carthage Street, (919) 718-4690, www.leecountync.gov/Departments/SocialServices

Legal Aid of North Carolina

Provides free civil legal help to North Carolinians 60 years of age or older. The Senior Law Project helps with wills, power of attorney, Medicaid, food stamps, Supplemental Security Income Program, Social Security Disability Insurance, abuse and neglect, housing and more.

Legal Aid of NC Senior Hotline: 1-877-579-7562

Medicaid

A Federal and State funded health care program for an eligible person. To be eligible a person must meet income and assets limits, and be aged, blind, disabled, a member of a family with dependent children, or a pregnant woman. Some people are covered by both Medicare and Medicaid. Administered by the Division of Medical Assistance in NCDHHS, the program provides medical care for recipients.

Lee County Department of Social Services: (919) 718-4690

www.leecountync.gov/Departments/SocialServices/Medicaid

Nutrition Programs

Congregate meals, nutritional supplements, home delivered meal programs, etc. for those in Lee County that are either physically or monetarily unable to provide full nutritional meals for themselves. Limitations and requirements for each program. Call for more information.

Bread Basket of Sanford: (919) 774-3118

Diner's Club at The Enrichment Center: (919) 776-0501 ext. 2201

Enrichment Center Home Delivered Meals: (919) 776-0501 ext. 2201

Ensure Program at The Enrichment Center: (919) 776-0501 ext. 2201

Meals On Wheels (City Limits): (919) 708-4181

Pharmacies

CVS Pharmacy

(919) 776- 2380 133 Market Place Drive

(919) 776-4574 1802 S. Horner

Medicine Park Pharmacy

(919) 776-9715 (919) 776-2814

Piedmont Health / Moncure Community Health Center

7228 Moncure-Pittsboro Road P.O. Box 319 Moncure, NC 27559 (919) 542-4991

Sanford Pharmacy

(919) 292-6161 – 1720 S. Horner Blvd.

Wal-Mart Pharmacy

(919) 776-9399 3310 S. Hwy 87 Sanford, NC 27332

Walgreen Drug Store

(919) 775-4361 - Corner of Dalrymple St. and S. Horner Blvd (Open 24 Hours)

(919) 776-2727 - Corner of Rose St. and Horner Blvd. (formerly Kerr Drug)

(919) 777-5983 - Corner of Center Church Rd. and Jefferson Davis Hwy

(919) 542-4991 – 1131 Spring Lane (formerly Rite-Aid)

Physical Therapy

Central Carolina Hospital: (919) 774-2100 Physical Therapy Dept. ext. 8092

First Health Outpatient Rehabilitation of Sanford: (919) 774-4596

Kinetic Institute Physical Therapist: (919) 776-5488

Performance Rehabilitation: (919) 708 7220

Sanford Community Based Outpatient Clinic: (919) 775-616

Select Physical Therapy: (919) 776-4289

Respite Supplement Services

Support programs that can offer either monetary or physical respite for caregivers. Eligibility requirements vary for each program. See Respite Care Guide on following page.

Family Caregiver Support Program: (919) 776-0501 ext. 2230

Lifespan Vouchers: www.highcountryaging.org/services/lifespan-respite-project

Project C.A.R.E: www.ncdhhs.gov/assistance/adult-services/project-care

Senior's Health Insurance Information Program

SHIIP counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance.

Local SHIIP Contact: The Enrichment Center, (919) 776-0501

Telephone Reassurance Programs

Telephone services that provide weekly calls to individuals to help combat loneliness, depression and to check on participants' physical and mental wellbeing.

EC Chat (Enrichment Center): (919) 776-0501 ext. 2230

Friendship Line: (800) 971-0016

Senior Keep Check Program (Sheriff's Department): (919) 718-4561 ext. 5607, 5608 or 5629

Transportation Services

Services to transport your loved one to medical appointments or other places of interest.

County of Lee Transit System (COLTS): (919) 776-7201

Highway To Healing: (919) 774-8940

The Stevens Center: (919) 776-4048

Veteran Services

Services to help vets and families with obtaining the benefits to which they are entitled.

Lee County Enrichment Center: (919) 776-0501

Veteran Affairs Outpatient Clinic: (919) 775-6160

Veteran Caregiver Support Line: 1(855) 260-3274

Respite Care Guide

What Is Respite?

Respite refers to a short time of rest or relief. It provides the caregiver with a break from their normal care routine. There are different types of respite care including:

- In-home respite care.
- Adult day centers.
- Informal respite care.
- Residential respite care.
- Respite care for emergency situations.

Services vary in type and can include:

- Companion services (help with supervision, recreational activities and visiting)
- Personal care services (help with bathing, dressing, toileting, exercising and other daily activities)
- Homemaker services (help with housekeeping, shopping and meal preparation)
- Skilled care services (help with certain medical services of care)

Courtesy of The Alzheimer's Association: [/www.alz.org/help-support/caregiving/care-options/respice-care](http://www.alz.org/help-support/caregiving/care-options/respice-care)

North Carolina Respite Care Resources

Caregivers can often find themselves facing financial burden in regards to caring for their loved one. In general, Medicare does not pay for this type of help, but financial assistance may be available from the following programs. If no phone number is provided, then a referral by the Family Caregiver Specialist is required.

Restrictions and qualifications vary by program.

The Dementia Alliance of NC Dementia Caregiver Assistance Program-

offers short term respite for caregivers of a person with a Dementia diagnosis. *Eligibility:* <https://dementianc.org/family-services-support/respice-coordination/>

Department of Social Services CAP-DA Program-

a Medicaid program that can provide In-Home aide services and respite care for qualifying participants. Call (919) 718-4690 for more information.

LCG Enrichment Center Respite-

offers caregiver respite support with Caregiver Time Out every Tuesday from 1pm-3pm and limited number of respite hours available per family for in-home aide. Call (919) 776-0501 ext. 2230. *Eligibility:* Unpaid caregiver providing care for a person with Alzheimer's or related brain disorder. Must be a Lee County resident.

LifeSpan Respite Voucher-

a federal grant that awards caregivers with a \$500 voucher once per calendar year. *Eligibility:* Unpaid adult caregivers of children and adults with a chronic condition, disability, or other special need. Caregivers may not/do not apply directly to the program. Applications must be submitted by a local community services agency.

NC Project C.A.R.E-

offers ongoing family consultation services by home visit, telephone and email to caregivers of persons with Dementia. Respite vouchers available on case-by-case basis. *Eligibility:* Unpaid adult individuals caring for someone diagnosed with Alzheimer's or related dementias who are not receiving care consultation from another funding source.

Veteran Services Aid & Attendance-

the VA A&A pension benefit provides a monthly payment to veterans and surviving spouses who need daily assistance at home, in assisted living or in a nursing home. To find out if you are eligible to apply call (919) 776-0501 ext. 2201 and ask to speak to the VA officer. *Eligibility:* Veterans who served on active duty for at least 90 consecutive days, including at least one day during wartime, may be eligible for Aid and Attendance if they also qualify for the basic Veterans Pension and meet the A&A clinical and financial requirements.

Grandparents Raising Grandchildren

<u>Boys & Girls Club</u>	1013 Carthage Street	919.776.6304
Provides after school activities, mentoring and homework assistance for ages 6-18 from 2:30-6:30.		
<u>Christian United Outreach Center (COUC)</u>	2885 Lee Avenue	919.774.8485
Provides food, clothing, emergency financial assistance, medical equipment and prom dresses.		
<u>Daymark Recovery</u>	130 Carbonton Road	919.774.6521
Provides mental health services for children and adults.		
<u>The Enrichment Center</u>	1615 S. Third Street	919.776.0501
Provides monthly support group for grandparents and is dedicated to supplying resources and support.		
<u>Helping Hand Clinic</u>	507 N. Steele Street	919.776.4359
Provides medicine and medical care for uninsured and underinsured		
<u>Johnston Lee Harnett Community Action</u>	225 S. Steele Street	919.776.0746
Provides crisis assistance, urgent home repairs, weatherization, housing counseling, and childcare program Head Start.		
<u>Lee County Department of Social Services</u>	530 Carthage Street	919.718.4690
Apply for services such as: Food and nutrition (EBT), Medicaid, childcare, cash assistance, emergency assistance and child support enforcement.		
<u>Lee County Health Department</u>	106 Hill Crest Drive	919.718.4640
Provides family medical care including immunizations and breast cancer screenings.		
<u>Lee County Partnership For Children</u>	143 Chatham Street	919.774.9496
LCPFC provides resources and support.		
<u>Lee County Schools Main Office</u>	106 Gordon Street	919.774.6226
<u>Legal Aid of Pittsboro</u>	117 E. Salisbury Street, Pittsboro, NC 27312	866.219.5262
Offers monthly child custody workshops.		
<u>Salvation Army</u>	305 S. Steele Street	919.718.1717
Provides food, clothing, emergency financial assistance, Christmas assistance and GED classes.		
<u>Social Security Administration</u>	401 Tiffany Drive	877.319.5774
Handles monthly benefits, Medicare entitlement and SSI assistance.		
<u>Stepping Stones Children's Center</u>	1550 Kelly Drive	919.708.7866
Program of the Stevens Center that provides care to children six-weeks old until Kindergarten.		
<u>Women's Infant and Children(WIC)</u>	106 Hill Crest Drive	919.718.4642
Provides supplemental foods from pregnancy to 5 years old.		
<u>YMCA of the Triangle</u>	1907 K M Wicker Memorial Drive	919.777.9622
Serves children, families and adults through academic support programs, health and wellness initiatives, and safe fun opportunities that develop the potential of our children.		

Need help finding Childcare?

Child Care Search: 1-855-231-8717
Work First: (919) 718-4690

Project CATCH: (919) 718-1717
Partnership for Children: (919)774-9496

Caregiver Glossary of Terms

Activities of Daily Living (ADL's): A term used to describe basic self-care tasks that are a part of most people's regular day, such as bathing, dressing, grooming, moving around the house, and eating. ADLs are widely used to assess individual functioning status.

Adult Care Homes: An assisted living residence in which the housing management provides 24-hour personal care services to two or more residents, either directly or, for scheduled needs, through formal written agreement with licensed home care or hospice agencies. Some licensed adult care homes provide supervision to persons with cognitive impairments whose decisions, if made independently, may jeopardize the safety or well-being of themselves or others and therefore require supervision. Adult care homes that provide care to two to six unrelated residents are commonly called family care homes. Adult care homes and family care homes are subject to licensure by the Division of Facility Services.

Aid & Attendance: The Aid and Attendance benefit is a monetary benefit, which helps eligible veterans and their surviving spouses (or just the spouse in case of the veteran's death) to pay for the assistance they need in everyday functioning (eating, bathing, dressing and medication management).

Area Agency On Aging: offices established through the Older Americans Act that facilitate and support programs addressing the needs of older adults in a defined geographic region and support investment in their talents and interests.

Assisted Living Facility: A residential living arrangement that provides meals, housekeeping, transportation, personal care and health services for people who require assistance with Activities of Daily Living. The types and sizes of facilities vary from a small home to a large apartment-style complex; individual units range from single rooms to multi-bedroom apartments. They also vary in the levels of care and services that can be provided. Assisted living facilities offer a way to maintain a relatively independent lifestyle, and more privacy for people who do not need the level of care provided by nursing homes. In most cases, assisted living residents pay a regular monthly rent for room and board, plus additional fees for the services they receive.

Continuing Care Retirement Community (CCRC): A retirement community that offers a broad range of services and levels of care based on what each resident needs over time. Sometimes called "life care", it can range from independent living in an apartment to assisted living to full-time care in a nursing home. Residents move from one setting to another based on their needs.

Dementia: is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Memory loss is an example. There are over 100 types of Dementia including: Alzheimer's, Lewy Body, Vascular, Frontotemporal, etc. Alzheimer's Disease is the most common.

DHHS: Department of Health & Human Services. This department protects the health of all Americans and provides essential human services.

Do Not Resuscitate (DNR) Form: A document that informs health care staff that the patient does not want them to try to return the heart to a normal rhythm if stops.

DSS: Department of Social Services. Organized work intended to advance the social conditions of a community, and especially of the disadvantaged, by providing psychological counseling, guidance, and assistance, especially in the form of social services. For Lee County programs, see page 6.

Durable Power of Attorney for Finances: Legal document that gives someone the power to make legal and financial decisions.

Durable Power of Attorney for Health Care: Legal document that gives someone called a proxy or an agent the power to make health care decisions.

FL-2: Form which gives a summary of the patient's medical requirements and which reflects the attending physician's recommendation for the level of care needed in an institutional setting.

Guardianship: The legal authority and duty given by the court to a person (guardian) for the purpose of assuming responsibility for the care and maintenance of another person (ward), who has been determined incapable of handling his/her own personal affairs. The powers and authority conferred upon a guardian depend on what type of guardianship is granted by the court.

Home Health Care: is medical care provided in a patient's home. Home health care can include broad care given by skilled medical professionals, including skilled nursing care, physical therapy, occupational therapy and speech therapy.

Hospice Care: is specialized type of care for those facing a life-limiting illness, their families and their caregivers. Hospice care addresses the patient's physical, emotional, social and spiritual needs.

Instrumental Activities of Daily Living (IADL's): Basic tasks that are essential to living independently, such as cooking meals, housekeeping, laundry, paying bills, shopping, and using the telephone.

Intermediate-Level Care: A level of care in a nursing facility that provides 24-hour assistance, with a minimum of eight hours of coverage daily by a licensed nurse, but no requirement for 24-hour skilled nursing services. Medicaid pays for skilled and intermediate care. Medicare pays only for skilled care.

Living Trust: Gives a designated person (trustee) the authority to hold and distribute property & funds.

Living Will: Describes and instructs how the person wants end-of-life health care managed.

Medicare: A Federal health insurance program for persons aged 65 and over who are eligible for Social Security or Railroad Retirement benefits and for some people who are disabled regardless of age. There are two parts: Part A is hospital insurance, which is automatic, for those eligible, and Part B covers the physician and other services. Part B is voluntary and requires a monthly premium.

Nursing Facility: A state-licensed residential facility with staff and equipment to give 24 hour a day nursing care and/or rehabilitation services and other health related services.

Occupational Therapy: Occupational therapy focuses on improving a client's ability to perform activities of daily living.

Palliative Care: Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. It focuses on providing relief from the symptoms, pain, physical & mental stress at any stage.

Physical Therapy: Physical therapy focuses on improving a client's ability to perform movement of the human body.

Respite: Provides needed relief to primary caregivers of individuals who cannot be left alone because of mental or physical problems. Not covered by Medicare.

Retirement Facility: Medical services and/or activities of daily living (bathing, dressing, personal care, etc.) may or may not be provided in this type of facility.

Secured Special Care Unit: Designed to allow freedom of movement within a safe and secure setting, to those with Alzheimer's and other forms of memory impairment.

Skilled Nursing: A stay in a skilled nursing facility is usually temporary in nature and focused on rehabilitation that is intended to prepare the resident to return to their independent apartment.

Will: Indicates how a person's assets and estate will be distributed among beneficiaries after his/her passing.

Caregiver Survival List

Learn About The Disease, Condition or Illness:

- ✓ Talk to a healthcare provider (what are specific care needs)
- ✓ Ask about special skills (how to move someone or give medication)
- ✓ Get more information from books, community resources or internet

Explore Your Options:

- ✓ Write down specific needs (meals, bathing, appointments, etc.)
- ✓ Discuss ways to meet those needs (with care recipient & others)
- ✓ Find out about time off from work (Family Medical Leave Act)

Research Community Resources:

- ✓ Call your local Area Agency on Aging for resources & support
- ✓ Explore Options (adult day care, meal services, respite, etc.)

Plan For Immediate Care:

- ✓ Ask the person being cared for about their wishes
- ✓ Adapt the living environment for special needs & safety
- ✓ Track Health (eating patterns, medication, symptoms)

Enlist The Help Of Others:

- ✓ Accept Help! Be realistic about what you can and cannot do
- ✓ Make a list of people who can help & list tasks they can do
- ✓ Share your feelings with others.

Organize Important Information:

- ✓ Write down doctor's names, numbers, addresses, medical insurance info, prescription info, etc.
- ✓ Organize financial info (bills, bank accounts, insurance, etc.)
- ✓ Photocopy important documents (SS card, driver's license)

Plan For The Future:

- ✓ Get information about long-term prognosis
- ✓ Assess finances or talk with a financial advisor
- ✓ Talk with a lawyer or legal aid representative
- ✓ Take one day at a time but develop contingency plans

Get Support:

- ✓ Talk to a friend, family member or counselor about emotions
- ✓ Join a support group
- ✓ If you feel overwhelmed seek a health professional asap

Take Care Of Yourself Too:

- ✓ Let go of less important commitments but visit your doctor regularly
- ✓ Keep doing activities or hobbies that bring you pleasure
- ✓ Find out if your employer has an Employee Assistance Program that provides support for caregivers
- ✓ Take a break and know you are doing your best!
- ✓ Make sure you are meeting your own care needs: eating healthy, getting sleep, exercising regularly, and spending time with family, friends and things that make you YOU!

Important Documents

It is important to know where these documents/information are located for yourself and your loved ones in case of an emergency. A fireproof box is a great storage option in case of fire or water damage to a dwelling. If someone is named on one of these documents it may be important for them to have a copy as well. (*Use this page to check off when you have located and secured each document.*)

- Address Books
- Automotive Information (Titles, Loans, Insurance)
- Bank & Loan Information
- Beautician/Barber
- Birth Certificate
- Complete List of Assets & Debt
- Death Certificate (for deceased spouse)
- Dentist Name
- Divorce Papers
- DNR Form
- Doctor Name
- Driver's License/Organ Donor Card
- Durable Power of Attorney for Finances
- Durable Power of Attorney for Health Care
- Federal & State Tax Returns
- Financial Planner Information
- Health Insurance Information
- Home Care/Hospice Agency
- Household Bills
- Funeral Arrangements
- Information on Waiting Lists with Nursing Homes
- Insurance Policies (Long-Term Care, Life, House, Car, Etc.)
- Lawyer Name & Number
- Life Insurance Policy
- List of Church & Community Memberships
- Living Trust / Living Will
- Marriage Certificate
- Medicare/Medicaid Information
- Medication Checklist
- Military Records
 - Discharge papers
 - Branch of service VA ID#
- Passport/Citizenship Papers
- Passwords
- Pet Care
- Pharmacy Name
- Safe Deposit Box Information
- Social Security Card
- Will



Caregiving is universal.

There are only four kinds of people in the world:
those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers.

ROSALYN CARTER

Understanding Care Facilities (Types & Payment)

Families provide the majority of care to older relatives, either in the older adult's own home or in the home of a family caregiver. However, sometimes the physical, emotional, and social demands on the caregiver can become more than the family can handle. After all other options have been considered, families may reach the decision that their loved one's safety and health are at risk if they remain at home. Before beginning to evaluate the facilities, you will need to determine the level of care needed by the older adult. The official form that indicates this is called an **FL-2**. This form is filled out by the patient's doctor and specifies the level of care needed. There are two basic types of long-term care facilities, corresponding to different levels of care: **Nursing Homes** are appropriate when the patient needs ongoing nursing intervention following illness or for chronic conditions, or short-term intensive physical, occupational, or speech rehabilitation therapy. Patients in nursing homes need skilled services, but are not sick enough to need hospital care. Care is provided under the direction of a physician. **Adult Care Homes** (Assisted Living/Rest Homes) provide "custodial care" for persons who do not need medical intervention but cannot live alone unsupervised. Room and board, activities, administration of medications, medical transportation, assistance with personal hygiene, and 24-hour supervision are provided. This care can be provided in an adult care home (also called a rest home or assisted living), family care home, or DDA home (group home for developmentally disabled adults). Some nursing homes and retirement communities also have assisted living sections. In North Carolina, this level of care is licensed as "adult care". Ask plenty of questions when you visit, to be sure the facility provides the level of care and staff training that the patient needs. Visit facilities more than once if possible, at different times of day and on different days of the week.

Long-term care can be very costly. The cost of adult care homes (assisted living/rest homes) can be \$2000-\$5000 or even more per month, depending on the type of facility and level of care required. Nursing facilities may cost \$6000 or more per month. Most people cannot afford such costs for very long. While evaluating a long-term care facility, be sure to discuss payment options. For nursing facilities, ask if the facility is Medicare- and Medicaid-certified. For adult care homes, ask if they accept Special Assistance. If you anticipate applying for public funding, ask if the facility requires payment in advance if there is an application pending. **Medicare**: It is a common misconception that Medicare will cover most of the cost of long-term care. Medicare pays for less than 2 percent of nursing home care, limited to short-term skilled care after the resident meets strict criteria including prior hospitalization. Medicare does not pay for assisted living under any circumstances. **Medicaid**: This federal/state program can help with the cost of nursing home care that exceeds the resident's income. To be eligible, the nursing home resident must meet age and disability criteria, as well as meeting income and resource limits. Apply at Lee County Senior Services. Note that the eligibility rules for receiving Medicaid in a nursing home are quite different from those that are used for community-dwelling adults. Many people not eligible for Medicaid when living at home become eligible when they enter a nursing home.

The Facility Checklist

www.medicare.gov/nursinghomecompare/checklist

Take a copy of this Nursing Home Checklist when you visit a facility to ask questions about resident life, nursing home living spaces, staff, residents' rooms, hallways, stairs, lounges, bathrooms, menus and food, activities, safety, and care. Use a new checklist for each facility that you visit.

Lee County Care Facilities

(All descriptions from facility websites)

The Bayberry Retirement Inn

2002 Woodland Ave., Sanford, NC (919) 774-7170 www.thebayberryinn.com

“Retirement living facility for seniors (60 years of age or older, ambulatory or semi-ambulatory) who can no longer live alone. Also offers respite stays and vacation stays for when the family is away. Services include dining, transportation, and security. From the moment you enter The Bayberry Inn you feel the welcome warmth of home. Our fireplace parlor beckons to the right or enter our attractive lounge area to your left. You will more likely be drawn to our gracious dining room with inviting sunroom and soothing gardens just beyond which you are sure to enjoy! Our residents love the extra attention and mobility afforded by our home like single level layout. Bottom line? It’s easy to get around. Our seniors enjoy quick access to dining, social areas and parking too! We believe enhanced intimacy translates to quality of life. Come and see for yourself... The Good Life Awaits You! ONE low monthly rate includes all utilities (including cable) housekeeping, personal laundry and meals! Stretch your retirement dollars with NO level of care up-charges! ALL rates are guaranteed not to increase for one full year from date of move-in! There is NEVER an entry fee or lease to sign! Bayberry encourages short term and trial stays at a reduced daily rate!”

Liberty Commons Nursing & Rehabilitation Center

**310 Commerce Drive, Sanford, NC (919) 499-2206,
<http://libertyhealthcareandrehab.com/lclee/>**

"Liberty Commons Nursing and Rehabilitation Center of Lee County provides a complete continuum of care including short term rehabilitation, long term care, respite care and out-patient therapy. Our professional and compassionate staff offers planned care that is patient focused. Best known for its excellent orthopedic rehabilitation program, patients access our state of the art rehabilitation equipment that allow for a robust physical and occupational therapy session. Liberty Commons provides speech therapy and SAEBO, key equipment for the treatment of stroke. When a patient is engaged using the enhanced therapy services offered they have a more positive experience during their regular therapy sessions."

Magnolia House

1115 Carthage St., Sanford, NC (919) 774-3774

“At this assisted living community, residents can receive 24-hour non-medical care while also enjoying transportation arrangement and assistance with their activities of daily living (ADLs), some of which include grooming, bathing, and maintaining personal hygiene (including oral care). When living at Magnolia House Retirement Center, residents can participate in community events and activities, such as shopping trips, group outings and book clubs. Also of note, residents at Magnolia House Retirement Center can enjoy a variety of amenities that include a shared dining room, restaurant-style dining, and kitchenettes. Magnolia House Retirement Center is licensed in the state of NC as an assisted living residence (ALR).”

Keller's Oakhaven Rest Home
700 Westover Drive Sanford, NC (919) 776-4121

Owned and operated by Parkview Retirement Village owner. No other information found.

Parkview Retirement Village
1801 Wicker St. Sanford, NC (919) 774-4322, www.parkviewretirement.com

“Parkview Retirement Village sets a standard of excellence for seasoned citizens with comfort, security & personal care. Transportation services, on-call nurses, physical therapy & full service assisted living are only a part of the Parkview experience. Located on 33 acres of beautiful land across from the Kiwanis Park, Parkview offers independent living apartments, a secure wing and a convalescent guest wing of studio suites making Parkview Retirement Village the finest, most modern retirement home in the area. We offer spacious 1, 2 and 3 bedroom apartments with an emergency call system in each apartment. A nurse is also on call 24 hours a day for these residents. Visit Parkview Retirement Village today and see for yourself why so many people call Parkview their Home!”

Sanford Health & Rehabilitation
2702 Farrell Road Sanford, NC (919) 776-9602,
www.sanstonehealth.com/locations/sanford/

“After you have orthopedic surgery or experience medical trauma, you need a safe haven where you can focus on your recovery. Sanford Health & Rehabilitation offers a level of care that isn't available at home through our rehabilitative services and long-term care in Sanford, NC. We serve 131 residents at our skilled nursing facility, which features 48 brand new private and semi-private accommodations, flat-screen TVs and a dining hall, as well as a state-of-the-art therapy gym for your rehabilitation sessions. Our team of on-site health specialists, therapists, skilled nurses and more are dedicated to your recovery process, and work together to create a treatment plan that is unique to your needs. Through our events and activities, you will get to know our supportive, friendly community of other residents and staff members. Whether you are a resident or employee, you will find that our rehabilitation center is an encouraging place where you can grow. If Sanford Health sounds like the place you've been looking for with short- or long-term care, reach out to us today and schedule a tour to see our campus in person.”

Victorian Manor
1107 Carthage St. Sanford, NC (919) 774-8989

“Victorian Manor is an assisted living facility in Sanford, NC. Victorian Manor offers activities at their location for residents. These activities generally allow residents to maintain healthy lifestyles by encouraging movement and socializing with their peers. Being able to chat with other residents becomes an important part of many peoples' lives and Victorian Manor offers common spaces indoors to support that need. The benefit of living in an assisted living community is that making meals can be costly and time-consuming process so Victorian Manor provides meals for residents. Staff is awake and available 24 hours a day so if any emergencies occur no matter the time, there will be someone ready to help. Making sure residents with diabetes monitor their insulin levels is clearly an important task and Victorian Manor can help with that task. If a resident needs assistance moving from a bed to a wheelchair, this facility has staff who can help.”

Westfield Rehabilitation & Health Center

3100 Tramway Road Sanford, NC (919) 775-5404, www.libertyhcs.com

“Westfield Rehabilitation and Health Center offers short stay rehabilitation, out-patient therapy, long term, hospice and respite care. Conveniently located by Highway US-1, our facility specializes in short stay rehabilitation. Patients who arrive at Westfield are greeted by a clinical team who develops a focused treatment plan that is designed to help them to regain skills and help decrease the chance for a re-admission back to the hospital. Every patient has access to medical services that address secondary conditions for a complete treatment plan. For rest and relaxation, Westfield offers patients spacious private and semi-private room accommodations with private bathrooms. Patients may take advantage of in-room dining and an Always Available plan in the café where they can select from a menu of snacks after hours. Throughout the facility, free Wi-Fi service is available along with access to computers for internet service. Having quiet areas for patients to relax following a day of therapy is important; that is why Westfield is taking advantage of their quiet setting by offering several outdoor gathering areas for the use of patients and their guests. Our short stay rooms are adjacent to a 4,000 square foot rehab gym where patients receive as much therapy as they can tolerate while working with physical, occupational and speech therapists. Westfield features a rehab garden as an extension of the therapy area and allows patients to retrain their bodies in a relaxing environment. Enhanced therapy services at Westfield includes diathermy, that assists with decreasing pain, e-stimulation to support improved joint movement and muscle strength and vital stimulation that promotes better swallowing. When a patient is engaged in these enhanced services, they have a more positive experience during their regular therapy sessions.”

NC Division of Health Service Regulation Licensed Facilities

<https://info.ncdhhs.gov/dhsr/reports.htm>

Facility	Independent Living	Assisted Living	Memory Care	Skilled Nursing Care	Respite Care	Adult Day Care	Rehabilitation Care	Physical Therapy	Occupational Therapy	Hospice Services	Medication Management	Transportation Available	Housekeeping Services	Furnished Meals	Private Rooms	Pets Allowed	Medicare/Medicaid
Bayberry	*				*	*						*	*	*	*		
Magnolia		*	*		*						*		*	*			*
Parkview	*	*	*					*			*	*	*	*	*		
Oakhaven		*											*	*			*
Liberty Commons				*	*		*	*	*	*	*	*	*	*	*	*	*
Westfield				*	*		*	*	*	*	*	*	*	*	*	*	*
Sanford Health & Rehab			*	*	*		*	*	*		*	*	*	*	*		*
Victorian		*								*		*	*	*			*

Some information may have changed and restrictions may apply. Please call facility for more details regarding services.

Understanding Home Care

Understanding Home Care If you or a loved one needs help at home, start by thinking about two questions before calling anyone: 1) What kind of services do you need? 2) Who will be paying for the services? If you do not know the answers, read the following: Levels of home care Homemakers or companions can provide supervision, companionship, transportation to appointments or shopping, meal preparation, light housekeeping, and laundry, in addition to helping with errands. If transportation is needed, be sure to inquire whether the agency permits this; some do not. Home health aides or certified nursing assistants (CNAs), in addition to the services provided by homemakers, assist with hands-on personal care needs, also called “activities of daily living” or ADLs. These include bathing, dressing, walking, eating, and toileting. Respite care refers to services provided in order to allow a family caregiver to take a break from care giving. Respite care may be provided by companion level workers, or by CNAs, depending on the patient’s needs. Skilled nursing and other skilled services such as physical therapy, occupational therapy, speech therapy, and medical social services may be needed following a serious illness or hospitalization. Hospice care, which is for people with limited life expectancy, can provide home care along with a variety of other services.

Who pays for what? Medicare provides a home health benefit following certain illnesses and injuries. It does not always require prior hospitalization. Medicare usually pays for home health visits only if all the following conditions exist. 1) The patient needs intermittent skilled nursing or therapies; 2) The patient is homebound; 3) The care is ordered by and is under the direction of a physician; 4) The agency providing care is certified for Medicare visits. Typically, Medicare pays for just a few hours per week of home aide service, and services are usually provided on a short- term basis. Recent rule changes permit some longer-term services, if they are needed to assist a patient in maintaining their level of functioning/health. Supplemental (Medigap) insurance policies and Medicare advantage plans may include some home care coverage, but tend to follow Medicare’s lead when authorizing home care. This means that if Medicare will not cover the service, then the supplemental insurance will probably not pay either. Medicare also pays for hospice care, for people with terminal illnesses, which offers a small amount of home health aide service. Medicaid pays for up to 60 hours/month of home care under the Medicaid Personal Care Services (Medicaid PCS) program. In order to receive Medicaid PCS services, an assessment must be performed by a nurse from an independent agency (not the one that will be providing services) to determine the level of care and recommended number of hours. The patients’ physician must make the request for this evaluation, either online or by faxing a referral form. These assessments must show that the individual needs hands-on assistance with multiple “activities of daily living” (ADLs) and has no available help from family. Once services have been approved, then the client may choose which agency may provide the services. The Community Alternatives Program for Disabled Adults (CAP/DA) provides in-home care for Medicaid recipients who would otherwise need to be in a nursing facility. The goal of the program is to help disabled adults remain in a home setting; rather than having to go into institutional care. This kind of program is sometimes called a “Medicaid waiver” program. In order to qualify, patients must meet Medicaid financial requirements, and must be certified by a physician as needing a nursing home level of care. In addition, the cost of providing care in the patient’s home must be less than the cost of institutional care. For patients who qualify, the program can provide personal care, nursing services, adult day care, medical supplies and other services. Since the program cannot provide 24-hour care, in most cases the patient must have some family or other support in addition to the help provided by CAP/DA Community Alternatives Program (CAP/DA).

Medicare, Medicaid, and private insurance do not cover homemaker/companion services except when personal care (such as help with bathing) is also needed. Wartime veterans and their spouses may be eligible for the VA Aid and Attendance benefit, which can be used for home care, or facility care. The application process is lengthy and the wait time can be considerable, but the benefits can be significant. Private pay or private insurance is the option that is left if no public funding or insurance coverage for home care is available. Hourly rates for home care aides are usually \$15-25/hour in the Lee County area. Agencies may differ in the minimum number of hours they will provide service. A two- to four-hour minimum visit is common. Briefer visits, if available, are usually more expensive. Long-term care insurance sometimes covers home care services, but policies vary.

Ways To Reduce Caregiver Stress

Caregiver burnout is a very real problem that most caregivers experience. It is important to take care of yourself first, so that you can take care of others. Here are some great tips for reducing caregiver stress.

Breathe Easily- Deep breaths increase the amount of oxygen in your blood, which helps you relax instantly. When you feel stressed, put your hand near your belly button. Inhale slowly through your nose and watch your hand move out as your belly expands. Hold the breath for a few seconds, then exhale slowly. Repeat several times.

Visualize Calm- Studies have found that visualization works for relieving stress. When you feel tense and frustrated, imagine yourself in a calm, relaxing situation. Think about the details – how it looks, sounds, and smells. For example, imagine that you're in a hot soothing shower with lavender-scented soap and your stress is washing away.

Make Time- A full-on massage in a spa would be ideal, but when that's not possible, self-massage is still a great way to cope with caregiver stress. Make circular motions with your thumb to massage the palm of your other hand.

Smile- Smiling works in two ways. We do it when we are happy, but the act of smiling can actually cause you to feel happier. So even if you're feeling crappy, go ahead and paste a big smile on your face. You'll actually feel better!

Compose A Mantra- Affirmations also sound hokey, but they do work. When you tell yourself something positive, it helps you cope with whatever is happening. A good mantra could be something like, "I'll be ok. I can do this." When you are feeling overwhelmed, anxious, or hopeless, repeat your mantra 10 times.

Be A Fighter- Thinking things like "Why do I have to be the one taking care of mom?" or "What did I do to deserve this?" only add to your stress. When you feel like a victim, you'll be filled with self-pity and hopelessness. If you focus on being proactive and work to improve your situation, you'll feel more in control and less stressed.

Put It On Paper- Writing down your thoughts helps get them out of your head and gives you better perspective on what's bothering you. A helpful exercise is to divide a piece of paper into 2 parts. On one side, write down things you might be able to change, like finding caregiving help. On the other, write down the things you can't, like being the only caregiver. Focus on the things you can change because stressing over things you can't change only hurts yourself.

Take a whiff- Essential oils like lavender, peppermint, rose, and eucalyptus are soothing and relaxing. For a simple scent diffuser, put a few pieces of rock salt in a small container and add a few drops of an essential oil. When you feel stressed, open the container and breathe in the relaxing scent. You could also get an aromatherapy oil diffuser to create a soothing scented atmosphere in the room. Using these types of diffusers are a great way to feel more relaxed.

Shake It Off- Most people carry stress in the muscles of their neck or shoulders. Loosening them up helps you literally shake off some of the stress. Stand or sit, stretch your arms out from your sides and shake your hands vigorously for about 10 seconds. Take a few deep breaths – that doubles the stress relief. Relax & release or yoga. Exercise works!

Get Moving- Getting up and moving around helps you breathe more deeply and increases circulation. If you can, go outside for a brief walk. If you cannot leave your older adult, walk around inside the house.

Take A Soak- When you get a chance to take a break, run yourself a hot bath. Soaking helps your body relax and releases tension. If you don't have time for a bath, wash your face, hands, or arms with warm or hot water. While you are doing that, imagine that you are taking a relaxing bath.

Music- Music is an excellent way to relieve stress and boost mood. Classical music has been shown to have many stress relieving benefits, but almost any kind of music can have a similar effect. The next time you're feeling overwhelmed, listen to classical music or some of your favorite tunes.

Accept Help- There is no shame in accepting a helping hand. Utilize all resources available. Friends, family, community partnerships, even smartphone apps can help with daily tasks in caregiving.

Additional Resources

AARP: www.aarp.org/caregiving

Administration on Aging: www.acl.gov

Aging Care: www.agingcare.com

Alzheimer's Association: www.alz.org, **24/7 Helpline:** (800) 272-3900

Alzheimer's Helpline: 1(844) 440-6600

ARCH National Respite Network: www.archrespite.org

Caregiving.com: www.caregiving.com

Chatham County Caregiver Resource Guide: https://chathamcouncilonaging.org/wp-content/uploads/Caregiver-Resource-Guide-VERSION-for-Dec-2019_2.19.20.pdf

Children of Aging Parents: www.caps4caregivers.org

Daily Caring: www.dailycaring.com

Dementia Alliance: 1(800) 228-8738 / www.dementianc.org

DHHS Long Term Care in NC: www.dhhs.state.nc.us/ltc

Duke Dementia Family Support Program: www.dukefamilysupport.org

Elder Friendship Line: 1(800) 971-0016

Eldercare Locator: www.eldercare.acl.gov

Family Caregiver Alliance: www.caregiver.org

Free Aging Publications: <https://order.nia.nih.gov/>

Hospice Foundation of America: www.hospicefoundation.org

Lee County Resource Guide: <https://leecountync.gov/Departments/SeniorServices>

Lee Harnett Family Support and Community Collaboration Program: (910) 985-0126

Legal Aid of North Carolina: www.legalaidnc.org

Medicare.gov: www.medicare.gov

Mobile Crisis Management: 1(877) 626-1772

Moore County Resource Guide: www.moorecountync.gov

Music & Memory At Home Tool Kit: <https://musicandmemory.org/musictoolkitsupport/>

National Association of Area Agencies on Aging: www.n4a.org

National Caregiving Alliance: www.caregiving.org

National Council on the Aging: www.ncoa.org

National Family Caregivers Association: www.caregiveraction.org

National Hispanic Council on Aging: www.nhcoa.org

National Hospice and Palliative Care Organization: www.nhpco.org

National Institute on Aging: niaic@nia.nih.gov

North Carolina Baptist Aging Ministry: 1(877) 506-2226

North Carolina Department of Health & Human Services: <https://www.ncdhhs.gov/divisions/daas>

Sandhills Center: <https://sandhillscenter.org/>

Senior Caregiver Alliance: www.seniorcaregiveralliance.org

Stroke Caregiver Guide: www.stroke.org/we-can-help/caregivers-and-family/careliving-guide

Triangle J Area Agency On Aging: <https://www.tjcog.org/aging>

VA Caregiver Support: www.caregiver.va.gov

Veteran Caregiver Resource Directory: warriorcare.DODlive.mil/wounded-warrior-resources/caregiverresources/

Notes

“May the wellspring of compassion be opened to you. May soothing words find a home in you. May tenderness bless you as you reach out to comfort in body, mind and spirit. In the midst of fear or frustration may courage be given to you. May patience keep vigil with you and peace of mind calm you. May your heart find a song to sing even when you are weary. May abundant love lift you and gratitude bless you as you live the mission of care entrusted to you.” P. Bergen

[illegible]

[illegible]

If you would like more information or would like to be added to our weekly caregiver email, please fill out this page and return to the front desk of the Enrichment Center.

Name: _____

Email: _____

Physical Address: _____

Phone Number: _____

What topic/topics would you like more information on:

Do you prefer to be contacted by phone or email?

Would you like to be added to the weekly caregiver email and quarterly newsletter Loving-Lee?
